



Monday	Tuesday	Wednesday	Thursday	Friday
10/1/2007	10/2/2007	10/3/2007	10/4/2007	10/5/2007
Ring Bologna Boiled Red Potatoes Sauerkraut Dark Rye Bread Mustard and Ketchup German Chocolate Cake D. Angel Food Cake	Salisbury Steak w/ Lite Mushroom Gravy Garlic Mashed Potatoes Harvard Beets Seven Grain Bread Chilled Peaches	Chilled Orange Juice Chicken Tetrazini with Rotini Noodles Spinach Salad with Raspberry Vinaigrette Dressing Split Top Roll Peanut Butter Cookie D. Lorna Doone Cookies	Stuffed Cabbage Rolls in Tomato Sauce Mashed Potatoes Tossed Vegetable and Romaine Salad w/ Ranch Dressing Whole Wheat Bread Fresh Pear	Chilled Cranberry Juice Boneless Chicken Breast w/ Gravy Herb Dressing Green Beans Dinner Roll Frosted Carrot Cake D. Plain Pound Cake
10/8/2007	10/9/2007	10/10/2007	10/11/2007	10/12/2007
Braised Pork Chop with Lite Gravy Delmonico Potatoes Country Blend Vegetables Whole Wheat Dinner Roll Confetti Cupcake D. Angel Food Cake	Beef Rouladen with Brown Gravy Seasoned Whipped Potatoes Baby Carrots Multigrain Bread Red Delicious Apple	Glazed Ham Macaroni and Cheese Pickled Beet Salad Light Rye Bread Banana Pudding D. Banana	Chilled Apple Juice Chicken Breast with Parmesan Cheese Sauce B. Baked Fish with Parmesan Cheese Sauce Tartar Sauce Rice Pilaf Zucchini and Corn Medley Italian Bread Fresh Orange	Chilled Tomato Juice Beef Stroganoff Egg Noodles Tomato Vegetable Salad w/ Thousand Island Dressing Whole Wheat Bread Rainbow Sherbet D. Chilled Pears
10/15/2007	10/16/2007	10/17/2007	10/18/2007	10/19/2007
Pork Cutlet with Lite Gravy Oven Browned Potatoes Succotash Seven Grain Bread Fresh Green Pear	Southern Style Chicken Leg/Thigh with Gravy B. Southern Style Chicken Breast/Wing w/Gravy Sliced Potatoes w/Onions Baby Carrots Split Top Dinner Roll Peach Pie D. Chilled Peaches	Chilled Grape Juice Meatballs in Marinara Sauce Spaghetti Noodles in Marinara Sauce Mixed Romaine & Mushroom Salad w/ Italian Dressing Soft Bread Stick Frosted Brownie D. Lorna Doone Cookies	Baked Lemon Pepper Chicken Breast Garlic Mashed Potatoes California Blend Vegetables Whole Wheat Bread Chilled Fruit Cocktail	Chilled Tomato Juice Pepper Steak with Lite Gravy Fluffy White Rice Mixed Garden Vegetables Seven Grain Bread Vanilla Ice Cream D. Plain Pound Cake
10/22/2007	10/23/2007	10/24/2007	10/25/2007	10/26/2007
Sirloin Broil with Mushrooms and Onions Parsley New Potatoes Mixed Blend Vegetables Whole Wheat Bread Orange Jello w/ Fruit D. Chilled Mandarin Oranges	Chilled Pineapple Juice Turkey Ala King with French Fried Onions Rotini Noodles Brussel Sprouts Biscuit Cherry Cheesecake D. Chilled Cherries	Beef Stew w/ Carrots and Onions Boiled Red Potatoes Fresh Vegetable Salad w/Thousand Isle. Dressing Seven Grain Bread M&M Cookie D. Lorna Doone Cookie	Sliced Pork Loin Baked Potato Chunks Sour Cream Broccoli Marble Rye Bread Banana	Chilled Apple Juice Chicken Thigh/Leg w/ Orange Honey Sauce B. Chicken Breast/Wing with Orange Honey Sauce Brown & White Rice Mix Chinese Stir Fry Vegetables Corn Bread/Muffin Birthday/Anniversary Spice Cake w/ Vanilla Frosting D. Plain Spice Cake
10/29/2007	10/30/2007	10/31/2007		
Chilled Cranberry Juice Tenderloin Beef Tips w/ Brown Gravy Wide Egg Noodles Peas and Carrots Dark Rye Bread Sugar Cookie D. Lorna Doone Cookie	Tahitian Chicken Thigh/Leg B. Tahitian Chicken Breast/Wing Lyonnaise Potatoes Carrot Raisin Salad French Bread Chilled Pears	Sliced Roast Beef with Rich Brown Gravy Baked Potato/Sour Cream with Chives Broccoli Au Gratin Whole Wheat Dinner Roll Butterscotch Pudding D. Fresh Golden Delicious Apple	 MCDA Milwaukee County Department on Aging	 Suggested Donation \$2 per Meal Your Support Helps Thank You!